



# STUDY OF EGO STRENGTH IN RELATION TO STRESS MANAGEMENT AMONG SENIOR SECONDARY STUDENTS

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## ABSTRACT

In the present age adolescent are confronting many challenges in their life. These challenges are giving birth to many psychological problems like botheration, and fuss, restlessness, nervousness, solicitude and emotional uncertainty in their day to day life. Their life is expecting more and more from them, which causes a imbalance between expectation on them and their measures to fulfill these expectation, this give birth to stress in them. Stress is a displeasing situation perceived mentally arising a feeling of discontent and anxiety. Stress is also called as the silent killer because its take a long time before permanent damage is done. So, it is essential to let up the adolescent from stress through "Stress Management."

**KEYWORDS:** Stress, Management, Ego, Strength, Ego-Strength, Senior Secondary Students.

## Introduction

When brain faces some challenges, problems and threats in life then stress is the normal physical and psychological reaction towards them. This is a fact of life which is faced by every person in his daily life. The most deceptive episode in the present age, that affect the human through out the life is stress. When a person try to adjust with his surrounding, then stress is a vigorous and reciprocal process. According to Selye (1955): "Stress is generalized response of body to demands place of on it whether they are pleasant or unpleasant."

There is always a stressor work behind the stress. A stressor can be negative or positive. Anything can become stressor if it identified for a long time as stress. Any situation or thing or thought that gives birth to negative feeling is called stress.

## Stress Management

The continuous stresses of the present modern life make us really unmanageable. Stress must be controlled and managed before time left to avoid serious psychological and physiological problems. That's why the individual have to shift himself to healthier ideas to reduce stress which help him to relax his mind and body.

According to Geridano, (1997) "Stress Management is the ability to reduce stress around or cope in a competent manner with stressor."

'Stress Management' means rearrange or do something different in our life to avoid the constant or regular stressful situation. It is managing one's response or reaction when he is in stressful situation. Stress management is a technique of preventing stress with the help of self-care and relaxation and managing responses in a particular manner.

## Ego-Strength

"Ego strength is the ability of ego to deal effectively with the id, super ego and reality" The person with low ego strength may seem cracked between the challenging demands of life and excess of ego strength can make them much contributing and invariable. According to Freud, (1965) "Ego Strength is reflected in the ability to life and work." It's major function is perception and adaptation of reality. The adaptation of individual is controlled and maintained by this ego. According to Bellak, (1973) "Ego can be defined by its functions but also by its development and the quantitative aspects of its performance" i.e. ego strength, by observing the osculating function and defences against the drive material, we may infer ego-strength. How well he can balance between his demands and drives of reality and command of his superego. By observing all these aspect, it can be estimated that, what help in estimation of ego-strength.

## Review of Related Literature

In 2005 Tung and Chahal surveyed relationship among stress and adjustment and revealed no significant causal relationship between stress and the adjustment. Chakrabarti in 2007 examined "education level of the family influenced the academic stress of the female students as compared to the male students."

Vamadevappa (2009) in an investigation investigated that, "there is a positive and significant relationship between parental involvement and academic stress among the higher secondary students." Good parental involvement leads to higher academic stress and the stress of girls is less than the boys among the higher parental involvement.

Sharma (2012) examined the relationship between mal-adjustment and ego-strength in college students. In college every students have to adjust, although extent of adjustment differ from student to student depending on previous schooling, knowledge and background. Purposively selected 30 boys and 30 girls and used 'Ego strength scale development by O. Hasan' not "BELLS Adjustment Inventory developed by Dr. R.K. Ojha. The finding of study are, although college going student face few problems regarding their adjustment in college environment."

Pariat Rynian and Kharjana (2014) investigated, "a high degree of correlation between the coping strategies like meditation, prayer, sleep and academic stress. It was also found that students having academic stress did, pursue hobbies and interest as a coping strategies and this was significant at 0.05 level. Academic stress was negatively. The study reveal that "only an adjustable person can make his life successful that is why, college authorities, parents should pay attention to minimize the adjustment problem of college going students. Correlated with coping mechanism like listening to music or watching television and negative coping strategies like using drugs, smoking or taking alcohol at 0.05 level. At the time of study 38.99% participant have very low stress.

## Objectives

To find out the relationship between Ego Strength and stress management among senior secondary students.

## Hypothesis

To attain the objective of investigation following null hypothesis is constructed

"There is no significant relationship between Ego-Strength and Stress Management among senior secondary students."

## Delimitation

Following are the delimitation of the present investigation.

1. The present study is delimited to 11<sup>th</sup> and 12<sup>th</sup> class students of Haryana.
2. The present study is delimited to the age range of 14 to 18 years children of Haryana.
3. The present study is delimited to 400 students only.
4. The present study is delimited to only two variables.
  - (1) Ego Strength
  - (2) Stress Management

## Methods

Different methods have been adopted for different research project because every project has different purposes and different approaches. Descriptive method is used for the present study.

## Sample

400 students of Senior Secondary Students.

**Tool used**

The following psychological tests are used to assess the subject..

1. Modified version of Stress Management scale by Kaushik and Charpe.
2. Hasan's Ego Strength scale by Dr. Q. Hasan.

**Statistical Technique Used**

Data collected is statistically analyzed by keeping in view the objectives of the study by using correlation.

**Analysis and Interpretation**

Relationship between Ego-Strength and Stress Management among Senior Secondary Students.

Variables	Correlation
Ego-Strength	0.932**
Stress Management	

\*\* $p<0.01$

It can be revealed from the above table that there is a significant positive relationship between ego strength and stress management ( $r = 0.932$ ). Therefore, the hypothesis stating as, "There is no significant relationship between Ego Strength and Stress Management among senior secondary students," is rejected so it may be therefore concluded that ego strength and stress management among senior secondary students are positively and significantly correlated. It means if senior secondary students ego strength is good then there stress management is also good.

**Finding of the Study**

It was found that there is a significant positive relationship between Ego Strength and stress management among senior secondary students. It means if senior secondary students ego strength is good then they can management their stress very well.

**Educational Implication**

In the present study there exists a significant relationship between stress management and ego strength among senior secondary students. This means that ego-strength is also play a crucial role in reducing stress in adolescent students. To improve ego-strength in adolescents, proper educational, vocational and personal guidance should be given to them. The present study will help the guidance workers, teachers, parents and psychiatrist to improve ego strength among adolescent students.

- Teacher and parents must take care of basic needs of adolescents. To develop healthy attitude and aptitude among adolescents, proper guidance must be given to them time to time.
- It is the responsibility of the government to provide to all the teachers the material and other facilities so that they can give all the time and energy to the progress.

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